

Clandon Park Run

Sponsored by



George Abbot School, Guildford
30 March 2008

[more information](#)

Date	Sunday 30 th March 2008
Address	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
Start	10.40 am: Professional warm up by fitness instructor 11.00 am: race start (Warning – British Summer Time begins)
Entry fees	£12 (Free online registration); online registration preferred
Age restrictions	Recommended for adults and age 16+ only.
Route	2k leg from George Abbot School across Merrow Common to reach the 6k loop in Clandon Park. Cross-country run across fields, along tracks, around lakes, over bridges and stiles and enjoy views across Guildford. Pass the historic Clandon Park house and see parts of the private estate not open to the public. Return to School for finish.
Event Facilities	Live music from the George Abbot Swing Band (to be confirmed); Stalls with activities for children; refreshments, free car parking, toilets,
Race facilities	Distance markers; water stations; plenty of trained volunteer marshals to guide the route; route marked by arrows and tape; timing results on website
Prizes	Men's/ Ladies 1 st prize £25 voucher for Fitstuff, medal Men's/Ladies 2 nd prize £15 voucher for Fitstuff, medal Men's/Ladies 3 rd prize £10 voucher for Fitstuff, medal Men's/ Ladies 50+ 1 st prize Day pass and dinner for 2, Foxhills Resort
What you get	Medal for every finisher, banana, goody bag, Fitstuff voucher – and an event that includes all the family and a great 10k route around Clandon Park!
Maps	For maps of start location and route 3-D fly through see links on www.allabouttriathlons.co.uk
Registration	Easy online registration in advance. Collect your race number and T-shirt on the day
Timing rules	No visible number = no time. Pin numbers high on your chest (safety pins provided)
T shirts	£3.50-£5.00 please order when registering; last date for T-shirt orders is 12 th March.
Photos	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us before the race. Official photographers will be DE Photos.
Walkers	Walkers will start after all the runners have started (about 11.07) and a brisk pace is required as the course will close at 1.15; NO DOGS; Route is not suitable for pushchairs because of stiles. Walkers need to register and get a race number.

Date	Sunday 30 th March 2008
Address	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
Start	10.40 am: Professional warm up by fitness instructor 11.05 am: race start (Warning – British Summer Time begins)
Entry fees	£6 (Free online registration); online registration preferred
Age restrictions	For adults and School Year 6 and above
Route	From George Abbot School through Merrow Park, loop around Merrow Common and return to School for finish. Running on pavements and woodland tracks; using a subway to cross safely under Park Lane.
Facilities	Live music from the George Abbot Swing Band (to be confirmed); Stalls with activities for children; refreshments, free car parking, toilets
Race facilities	Distance markers; water stations; plenty of trained volunteer marshals to guide the route; route marked by arrows and tape; timing results on website
Beginners' Advice	For practical advice for anyone new to running visit www.run.stonepiles.eu/Beginners.htm
Prizes	Men's 1 st , 2 nd and 3 rd prizes Ladies 1 st , 2 nd and 3 rd prizes Under 16 boys' 1 st , 2 nd and 3 rd prizes (age as at 31/8/07) Under 16 girls' 1 st , 2 nd and 3 rd prizes (age as at 31/8/07) Under 14 boys' 1 st , 2 nd and 3 rd prizes (age as at 31/8/07) Under 14 girls' 1 st , 2 nd and 3 rd prizes (age as at 31/8/07)
What you get	Medal for every finisher, banana, goody bag, Fitstuff voucher
Maps	For maps of start location and route 3-D fly through see links on www.allabouttriathlons.co.uk
Registration	Easy online registration in advance. Collect your race number on the day.
Timing rules	No visible number = no time. Pin numbers high on your chest (safety pins provided)
T shirts	£3.50-£5.00 please order when registering; last date for T-shirt orders is 12 th March.
Photos	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us before the race. Official photographers will be DE Photos.
Car parking	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; marshals will guide you. If school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!

Junior runs more information



Date	Sunday 30 th March 2008
Address	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
Starts	10.40 am: Professional warm up by fitness instructor Starts from 11.00 am: Events will be back-to-back, boys then girls, starting with Year 6. Groups may be combined. Children should wait near the Start Gazebo for their group to be called. (Warning – British Summer Time begins)
Entry fees	£4 (Free online registration); online registration preferred £5 On the day entry - if spaces still available.
Age restrictions	Minimum age is School Reception Year. Maximum age is School Year 6. (Year 6 pupils can choose fun run or 4k)
Route	All Junior fun runs will take place on the George Abbot Playing Fields; Distances will range from 400m for reception age up to 1600m for Year 6.
Finish arrangements	At the finish the leading children will be given position cards. If your child receives a card they should take it to the Results Desk so that their finishing position can be recorded for the results listing and prize giving.
Responsible adult	All children participating in the junior fun run must have an adult that is responsible for them present on the field.
Lost children	Please arrange to meet your children at the Meeting Point if you become separated.
Facilities	Live music from the George Abbot Swing Band (to be confirmed); stalls and activities suitable for junior children; refreshments, free car parking, toilets
Race facilities	Water station; route marked by tape;
Prizes	1 st , 2 nd and 3 rd prizes for each event.
What you get	Medal for every finisher, banana, goody bag, Fitstuff voucher
Maps	For map of start location see link on www.allabouttriathlons.co.uk
Registration	Easy online registration in advance. Collect your race number on the day. Pin the number on front of clothes. Safety pins provided.
Shoes	Running spikes not allowed.
T shirts	£3.50-£5.00 please order when registering; last date for T-shirt orders is 12 th March.
Photos	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us before the race. Official photographers will be DE Photos.
Car parking	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; marshals will guide you. If school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!